

Name _____ Period _____ Date _____

HANDOUT 4-3

Are You Highly Sensitive? A Self-Test

INSTRUCTIONS: This questionnaire is completely anonymous and confidential. Answer each question according to the way you personally feel, using the following scale:

1	2	3	4	5	6	7
Not at All		Moderately				Extremely

- ___ 1. Are you easily overwhelmed by strong sensory input?
- ___ 2. Do you seem to be aware of subtleties in your environment?
- ___ 3. Do other people's moods affect you?
- ___ 4. Do you tend to be more sensitive to pain?
- ___ 5. Do you find yourself needing to withdraw during busy days, into bed or into a darkened room or any place where you can have some privacy and relief from stimulation?
- ___ 6. Are you particularly sensitive to the effects of caffeine?
- ___ 7. Are you easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by?
- ___ 8. Do you have a rich, complex inner life?
- ___ 9. Are you made uncomfortable by loud noises?
- ___ 10. Are you deeply moved by the arts or music?
- ___ 11. Does your nervous system sometimes feel so frazzled that you just have to go off by yourself?
- ___ 12. Are you conscientious?
- ___ 13. Do you startle easily?
- ___ 14. Do you get rattled when you have a lot to do in a short amount of time?
- ___ 15. When people are uncomfortable in a physical environment do you tend to know what needs to be done to make it more comfortable (like changing the lighting or the seating)?
- ___ 16. Are you annoyed when people try to get you to do too many things at once?
- ___ 17. Do you try hard to avoid making mistakes or forgetting things?
- ___ 18. Do you make a point to avoid violent movies and TV shows?
- ___ 19. Do you become unpleasantly aroused when a lot is going on around you?
- ___ 20. Does being very hungry create a strong reaction in you, disrupting your concentration or mood?
- ___ 21. Do changes in your life shake you up?
- ___ 22. Do you notice and enjoy delicate or fine scents, tastes, sounds, works of art?
- ___ 23. Do you find it unpleasant to have a lot going on at once?
- ___ 24. Do you make it a high priority to arrange your life to avoid upsetting or overwhelming situations?
- ___ 25. Are you bothered by intense stimuli, like loud noises or chaotic scenes?
- ___ 26. When you must compete or be observed while performing a task, do you become so nervous or shaky that you do much worse than you would otherwise?
- ___ 27. When you were younger, did parents or teachers seem to see you as sensitive or shy?

Source: Elaine Aron et al. "Sensory-processing sensitivity and its relation to introversion and emotionality." *Journal of Personality and Social Psychology* 73, 345-68. Copyright 1997. Reprinted by permission of the American Psychological Association.

Name _____

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HANDOUT 4-1

Fact or Falsehood?

T F

1. Subliminal messages can raise our self-esteem and improve our memories.

T F

2. If we stare at a green square for a while and then look at a white sheet of paper, we see red.

T F

3. Touching adjacent cold and pressure spots triggers a sense of wetness.

T F

4. People who are born without the ability to feel pain may die before early adulthood.

T F

5. Without their smells, a cold cup of coffee may be hard to distinguish from a glass of Gatorade.

T F

6. Infants just learning to crawl do not perceive depth.

T F

7. Persons who have sight in only one eye are totally unable to gauge distances.

T F

8. A person who is born blind but gains sight as an adult cannot recognize objects that were familiar by touch.

T F

9. If required to look through a pair of glasses that turns the world upside down, we soon adapt and coordinate our movements without difficulty.

T F

10. Laboratory evidence clearly indicates that some people do have ESP.